[57]   **ABSTRACT**

A helical groove 1B is formed in the sliding surface 1A of
a sliding bearing 1 over the entire axial region thereof. To
establish the height of a peak 1a defined by the helical
groove 1B, an imaginary reference line L extending parallel
to the axis is formed which is determined such that the total
cross-sectional area of all the peaks 1a is equal to the total
cross-sectional area of all the valleys 1b when the helical
groove 1B is considered in axial section. A height as
measured from the reference line L to the top 1a' of the peak
1a is chosen in the range of from 1 to 8 μm. The space
created by forming the valleys 1b allows the supply of
lubricant oil to be increased, thereby simultaneously achiev-
ing a reduction in the frictional resistance and the occurrence
of an impact sound.

20 Claims, 5 Drawing Sheets